

GRAPESVINE

VISITACION VALLEY

NUMBER 102

SERVING OUR COMMUNITY

JANUARY 1995

Lighting of the Candles at Valley Middle School



Kwanzaa candles were lit during a moving lunchtime ceremony December 14 at Visitacion Valley Middle School.

S.F. Restaurants Now Smoke-Free

An important public health milestone is in effect January 1 as all restaurants in San Francisco will be required to be smoke-free. If a restaurant contains a bar, the bar area of the restaurant is not required to, but may, prohibit smoking.

"Now restaurant workers - who often do not have any choice on whether they want to work in smoke-filled environments - will also be protected," said Robert Vazquez, M.D., president of the San Francisco Division of the American Heart Association. "This measure is good for workers' health."

Public places and other workspaces such as offices and stores went smoke-free on February 1, 1994.

The Board of Supervisors unanimously passed the landmark legislation on November 15, 1993 after mounting scientific data demonstrated the harmful effects of secondhand smoke. The Environmental Protection Agency (EPA) classified environmental tobacco smoke as a Class A carcinogen in January, 1993.

"The public consciousness of the dangers of passive smoking is constantly growing," said Vazquez. "And since communities that have already implemented smoke-free ordinances for restaurants have experienced no proven negative economic effects, smoke-free is good for business as well as health."

The Department of Public Health estimates that 400 to 500 restaurants of the 4,000 in San Francisco were already smoke-free.

Success of San Francisco's smoke-free ordinance is especially noteworthy as it is one of the nation's top tourist destinations and the \$4 billion hospitality sector is the City's top industry.

Passage of the San Francisco law also contributed to the passage of AB-13, sponsored by Assemblyman Terry Friedman, which established a minimum smoke-free standard across the state. Governor Pete Wilson signed this state measure into law last July 21 as the Smoke-Free Workplace Act, which will go into effect the same day as San Francisco's ordinance.

"The overwhelming defeat of the Philip Morris-sponsored Proposition 188, which would have repealed both the San Francisco ordinance and the statewide law, was a clear mandate from voters to the tobacco industry," said Vazquez. "The message is clear: Californians want smoke-free places." Proposition 188 was defeated 70 to 30 percent despite the \$18.4 million spent by the tobacco industry.

San Francisco Department of Public Health will provide referrals for individuals wanting to register complaints for violation of the smoke-free standard. To get a referral, call 554-9151 weekdays from 8 a.m. to 5 p.m.

State Finds 600,000 Non-Filers for 1993

If you forgot to file your state income tax return for 1993, you should expect a friendly reminder from the State Franchise Tax Board (FTB). More than 600,000 individuals are being contacted by FTB because they may have failed to file state taxes last year. Letters will be mailed to tardy taxpayers through the beginning of January.

Approximately 18,229 of these letters are being sent to residents of San Francisco alone.

This letter gives people the chance to come forward and file their tax return and avoid the penalties that can be assessed if the state has to take further action to collect an overdue tax return.

Those who receive the FTB letter have 30 days to file their 1993 return or provide information showing why a return is not due. Tax assessments with penalties up to 50 percent of the estimated tax liability will be issued to those who do not respond to the letter.

A filing enforcement fee of \$114 will

S.F. Designated Enterprise Community

Following President Clinton's press conference at the White House December 21, Mayor Frank Jordan announced San Francisco's designation as an Enterprise Community (EC) to receive \$3 million in social service block grants and tax exempt bond financing for EC businesses. EC designation covers Visitacion Valley, Bayview-Hunters Point, South of Market and the Mission District.

also be charged to cover the costs of enforcing filing requirements.

According to FTB, individuals with a total income of \$8,000 or more - \$16,000 for a married couple - must file a tax return each year. Last year, Californians filed nearly 14 million returns.

As part of the state's effort to reduce tax cheating, FTB sorted through more than 200 million records from employers, banks and other sources to identify these possible non-filers.

FTB encourages those people who have fallen behind, either with filing returns or paying, to contact FTB for assistance in resolving the delinquency.

Arthritis Event Raises Foundation Money

More than \$30,000 was raised by the Jingle Bell Run and Walk for Arthritis held December 3 and 4 in San Mateo, Novato, Los Gatos and Oakland to help fund arthritis research and a variety of services designed to make life with arthritis easier.

"We are very grateful to all the individual participants and teams that braved the rain and took part in what we thought was an exciting and fun weekend of activity," said Pete Silberell, Jingle Bell Run and Walk chairman.

Arthritis Foundation (AF), the source of help and hope for an estimated 40 million Americans with arthritis, supports research to find its cure and prevention, seeking to improve quality of life for people it affects.

Legislators to Again Debate Controversial Child Resolution

By Gerry L. Galvan

Sen. Barbara Boxer, one of the Democratic Party legislators to survive the Republican surge to political supremacy in the nation's highest legislative body, has expressed doubts on the passage of US Senate Resolution 70.

In a letter to constituents and other interested parties, Boxer said that the "Senate adjourned for the holidays mid-October," without further acting on the resolution.

US Senate Resolution 70 was a brainchild of Sen. James Bradley (D-NJ) who together with at least 50 other members of the outgoing Senate felt that a child in the U.S. has rights that are as sacred, if not more privileged than the rest of the nation. The resolution was inspired from the Convention on the Rights of the Child adopted by the General Assembly of the United Nations on November 20, 1989.

In essence, the rights of the child - as envisioned in this convention - are summed up in the Preamble as follows: "... the basic principles of the United Nations and specific provisions of certain relevant human rights treaties and proclamations. It reaffirms the fact that children, because of their vulnerability, need special care and protection, and it places special emphasis on the primary caring and protective responsibility of the family. It also reaffirms the need for legal and other protection of the child before and after birth, the importance of respect for the cultural values of the child's community, and the vital role of international cooperation in securing children's rights."

From the Preamble alone, it appears the intent and purposes of the UN was prelawworthy. The noble philosophy of the proposal became politically adulterated along the way when such UN members as the United States played their role towards their own children.

Somewhere along the line, some eager beaver U.S. senators started working on an additional proviso that could give the child unlimited power and rights that could minimize or totally remove parental control on such children. Word to that effect so alarmed the church, business and other segments of the nation that one leading business corporation recently exposed the plot during a business convention, where a workshop speaker urged his listeners to write their legislators in Washington, D.C. and lodge a complaint.

One senator both phoned and written was Boxer.

New leadership in Congress is faced with the challenge of acting favorably or totally rejecting US Senate Resolution 70 when it convenes in January. Some Democrats who survived the Republican resurgence are reportedly bent on reviving and pushing the resolution to become part and parcel of the nation's book of statutes.

Neighborhood Plan Presented To Redevelopment Agency

Concerned for the safety and well-being of their community, members of the Visitacion Valley Task Force (VVTF) and a local resident finally presented their Neighborhood Strategic Plan to the S.F. Redevelopment Agency (SFRA) on December 6. Members also requested an SFRA staff member work with the VVTF at least 15 hours a month to help stimulate the district's stagnant business climate.

Several frustrating last-minute cancellations had been made by the SFRA since an originally scheduled presentation last October.

Following opening statements by Deldre Jackson, VVTF members Vincent Chao, Beatrice Faronda and Joel Tate outlined parts of an overall plan to help revitalize Visitacion Valley in a ten-minute presentation of the neighborhood's S.F. Enterprise Community Application.

"Economic resurgence could be a key in reducing crime," explained Tate, a 24-year Valley resident and business owner, and member of Friends of McLaren Park. He described the neighborhood's current gradual economic decline, stressing a need to revitalize the local Merchant's Association. Tate suggested both beautification and repairs be made along Leland Ave., Bayshore Blvd. and that portion of Geneva Ave. within

city limits to attract new businesses, while a local employment center could be established for job training and placement.

Development was also stressed by Tate for McLaren Park - the city's second largest - sorely in need of improved recreational facilities and landscaping. Its large size and infrequent patrol has long made it an attractive nuisance for illegal refuse dumping and other illicit activities.

Chao, principal of Visitacion Valley Elementary School, addressed the area's lack of youth facilities and increased truancy, while emphasizing need for a stronger police presence, a point also stressed by Faronda, concerned with the security of her neighborhood.

"The issue of public safety is very important," said Faronda, who has lived in Visitacion Valley for 25 years.

SFRA board members agreed the presented issues beared further investigation, suggesting improvements in Visitacion Valley could be incorporated into the City's existing general plan to revitalize its southeast area including Bayview and Hunters Point.

While receptive to any potential improvements, VVTF members collectively stressed desire for recognition of their individual community of Visitacion Valley. "We can easily get lost in the shuffle," explained Tate.

City Declares Business Tax Amnesty

"Through this measure, we're using the carrot and stick approach to help reduce the City's deficit and increasing government efficiency," said Mayor Jordan on December 1. "It businesses that are delinquent pay up by the end of next month, they'll avoid any current penalties as well as substantial new ones that take effect February 1."

For what is believed the first time in City history, Mayor Frank Jordan and Supervisor Barbara Kaufman announced an amnesty for businesses owing back taxes. All penalties will be waived if taxes and any interest due are paid by January 31, 1995.

Penalties for late tax payment had been 10 percent until the amnesty, which became effective December 1. On February 1, they'll rise to 20 percent and then to 40 percent on balances not paid within 90 days.

"Collecting from those businesses which already owe will help prevent tax increases or the creation of new taxes in the future," said Kaufman, who authored the program.

"There are more than 28,000 businesses that are delinquent in their taxes," reported City Tax Collector Richard Sullivan. "The estimated cost to the City is \$13 million."

Businesses that take care of their tax arrears by January 31 will also avoid the possibility of prosecution.

Those with delinquent business taxes may qualify for the amnesty offer by:

"Applying on amnesty forms available from the City Tax Collector's Office.

"Filing tax returns not already done.

"Paying all taxes and interest due. A time payment plan is available in certain cases. Extra penalty charges - which can amount to 40 percent of the amount otherwise due - will be waived.

"Complying before January 31, 1995.

Kaufman has arranged with Patrick Media Group, Gannett Shelter Posters and TDI Communications on an advertising campaign to promote the amnesty. Billboards, Muni and bus shelter posters, and a print ad will feature a special phone number that taxpayers can call for additional information: 864-EASY.

Tax amnesty forms are available at the Tax Collector's Office, City Hall, Room 107 and 25 Van Ness Ave., Room 220; the California Franchise Tax Board, the California Employment Development Department's District Tax Office and public libraries throughout the City.

"Every firm that does business in the City owes us a tax, whether or not the company has offices here," said Kaufman. "The City is making every effort to get the word out to the business community and I urge them to take advantage of this program."

Santa Visits Students at Little Vis

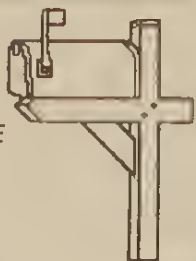


Thanks to Nationwide papers and Sanrio, Santa was able to bring toys and treats (thanks to the PTA) to all the students of Visitacion Valley Elementary School this Christmas. Santa (Lloyd Schine of SFUSD) was especially generous with the kindergarten children.



Santa with his helpers (L) Pam Johnson, outreach consultant, (R) Deanna Davis, elementary advisor and two of Santa's pets.

THE GRAPEVINE MAILBOX



PROPAGANDA

Editor:

The recent Republican onslaught in American voting booths doesn't just have our State Assembly in dismay because Assemblyman Cruella and his boys think that by some divina right that the party they all profess has an ascribed right to the Speaker of the Assembly position - even though the Republicans still lack the necessary votes to take the chief job. Unfortunately, many young African Americans are not even getting a taste of middle school civics by following the career of past, maybe current and future Speaker of the California State Assembly, Mr. Willie Brown, Jr., who landed on his feet again amidst.

On Tuesday, December 21, 1994, a San Francisco-style, sunshining, chilly winter day, Coleman Advocates organized a demonstration in the rotunda of City Hall protesting cuts in children's services. You see, the Republican landslide victories across the nation are forcing Mayor Frank Jordan to take a look at the City's budget and do the usual ... make cuts! It is expected the San Francisco Bay Area spewing its liberal force will take a financial hit from the feds and the state that will impact the city coffers while there already stands a \$100 million deficit, as if a Republican cares.

Somehow, Coleman decided to brand the Mayor as Scrooga while staging their protest singing songs and via a skit dramatizing Mayor Jordan acting as a villain deliberating the fate of San Francisco's children while a crowd of onlookers of predominantly African American youth witnessed. On this Tuesday, an unbeknowning traveler would be impressed to see so many black children exercising political savvy to secure their future, or Coleman's.

Let us understand that on Saturday night, December 18, 1994, Coleman Advocates threw a big bash at the Western Addition West Bay Conference Center, a safe place for young black people to learn how to party, while also learning how to support Coleman. Would the turn out on Tuesday have been as great without the Saturday party? Maybe not, because black people lit to party. If this stereotype dismay the instinct reader, viewing the drama at the City Hall rotunda was also typical - a minor image of how racism still prevails regardless of how liberal and caring Coleman appears.

Never mind who actually cast a young black man to play the part of Mayor Jordan's Scrooga, while Santa Claus was depicted by a fat white male character. This impression was strange considering the Mayor is white ... Coleman could not find a white youth to play a white man. Who ever this black man was playing the Mayor, he was really a great actor, so good that he transcended the role that he played to the degree that I almost thought San Francisco had elected its first black mayor (a thought!).

Evil appeared in black clothing while good appeared in white clothing. Self-determination of a people could not promote these images of good and evil while being reminded of the slammer created with cardboard boxes used as a backdrop for Coleman's routine. Aren't black males reminded most of their lives in the City of what a risk it is to be black. Enough is enough!

The only way to stop the propaganda that Coleman promotes is for the few blacks in leadership positions to stand for their own as it relates to policy decisions that affect children. The Mayor's challenge of Coleman's 501(c)3 not-for-profit status for their political activity will keep Coleman busy in maintaining their corporate entity, but the best way to slow them down would be to keep our youth from being used as political pawns for an advocacy group that has denounced the fathers and mothers of the children.

L.C., Chairperson,
Black Family Resource Group

New January Location For Waste Meeting

S.F. Planning Commission's regular meeting of the Advisory Committee on Hazardous Waste Facility Expansion on Tunnel Ave. will shift to Brisbane in January.

Next meeting, January 3 will be at Lipman Intermediate School, 1 Solano Ave. at 7 p.m. with an agenda including:

- *Review of the forthcoming draft of an Environmental Impact Report,
- *Accident analysis,
- *Zoning actions to be taken in relation to the project, and
- *Methods of informing residents and the surrounding neighborhood around the facility.

Call 558-6319 for further information.

New Library Hours

With the new year comes new longer hours at the Visitacion Valley Branch Library, located at 45 Leland Ave. Although closed Sunday and Monday, the library will be now be open a total of 32 hours a week: Tuesday 10 a.m. to 6 p.m.; Wednesday 12 noon to 7 p.m.; Thursday 1 to 7 p.m.; Friday 1 to 6 p.m.; and Saturday 12 noon to 6 p.m. Call 337-4790 for information.

Addressing S.F. Priorities in 1995

By Mayor Frank Jordan

Happy New Year!

On behalf of the City and County of San Francisco, I would like to take this opportunity to wish all San Franciscans a very happy, healthy and prosperous New Year.

As I enter the final year of my first term as Mayor, I would like to take the time to reflect on the significant progress we have made in turning San Francisco around and to outline my top priorities for 1995.

When I took office in 1992, I pledged to work hard to improve the City's economy and to make San Francisco a friendly place to do business. I am happy to report that business is booming in the City and new jobs are being created every day. We have laid the groundwork for the economy that will create the jobs we need today and the jobs we will need tomorrow.

We have worked hard to fuel economic recovery through such initiatives as the \$85 million Yerba Buena Gardens project and to open new businesses such as the new PriceCostco store, and numerous new retail stores in the City's flourishing neighborhoods and Union Square. San Francisco continues to be considered one of the top cities in the world to conduct business.

San Franciscans can take pride in the fact that we kept the San Francisco Giants in San Francisco and that we won the National Football League's bid to host Superbowl XXXIII at Candlestick Park in 1999. The Superbowl alone will pump approximately \$200 million into the San Francisco Bay Area economy.

I am continuing my commitment to maintaining and expanding our econ-

omy by holding the line on taxes and by making City Hall a user friendly place for small and large businesses alike.

Part of restoring economic vitality includes restoring San Francisco's reputation as one of the nation's cleanest cities. We have implemented important street cleaning programs - including making Muni graffiti free, tripling the Workfare street cleaning program and adding 1,100 new litter receptacles. The long-awaited automatic self-cleaning public toilets will soon become a reality.

One of my proudest programs is the neighborhood Eco-Blitz program which saturates neighborhoods with soda blasters, steam cleaners and other heavy duty street cleaning equipment to clean up the neighborhoods and eliminate graffiti. I plan to continue to expand these important programs in 1995.

Public safety continues to be my number one priority. I am proud to report that crime rates continue to decline in San Francisco. A recent survey of crime rates in major U.S. cities found that San Francisco experienced the greatest decline in violent crime in 1994 - down 25 percent.

We have implemented aggressive public safety programs aimed at curbing crime and setting a standard of behavior for all San Franciscans to follow. This includes: adding 200 police officers on the streets, expanding Matrix and increasing security on Muni and in public parks. I will continue to pursue public safety programs - such as implementing a curfew for youth, increasing funds for community policing programs and establishing a boot camp at Hidden Valley Ranch for youth offenders.

I hope that this will provide a brief glimpse of my vision for San Francisco in 1995. It is going to be another busy year in San Francisco and I look forward to working with all San Franciscans to move this city forward.

SORRY ABOUT THAT, MIKAL

Artist Mikal Cartor was mistakenly called Gary in a front page caption of last month's Grapevine, affording another opportunity to mention the splendid Cartor originals on sale at the Two Hahn Street Gallery, open Sundays from 12 noon to 6 p.m. or by appointment at 239-4138.

UPS Adopts VVCC During Holidays

Employees and management of United Parcel Service (UPS) adopted the Visitacion Valley Community Center in a big way this year - bringing a happy holiday to several families. Along with contributing to VVCC through the United Way Campaign, UPS also donated 29 turkeys to families of its Childcare Program, while adopting a Childcare family for Christmas.

Selected from the VVCC Childcare Program based on need, the adopted Christmas family - a single-parent household with three children, ages one week to four years - were able to submit a wish list which included household goods, toys, clothing and non-perishable items.

VVCC's Childcare Program serves more than 100 children daily, according to Childcare Director Brenda Lopez, who with VVCC staff thanks management and staff of UPS for their wonderful gifts.

Class Helps Women Find Work in Trades

City College of San Francisco commenced a new program to help women enter the high-paying field of construction and related trades.

Project Step-Up teaches women basic skills in helping them link with trade apprenticeship and other technical programs, and entry-level jobs. Women learn fundamentals of tool identification, construction, carpentry, blueprint reading, plumbing, electricity, mechanics, sheet metal, welding, shop safety and shop math. Students also receive assistance with job placement - which includes information and working plans for entering apprenticeship programs - and may also take additional classes in English and Math.

This free program is offered Monday through Thursday mornings at the new Evans Campus at 1400 Evans Ave. Instruction is in English. Call 550-4444 for further information.

Arthritis Video Available

Two versions of *People with Arthritis Can Exercise (PACE)*, a very low impact range of motion exercise class developed by the Arthritis Foundation, are now available on video. Both PACE I and PACE II can be ordered from the Foundation's Northern California Chapter office by calling 673-6882 or 1-800-464-6240.

JANUARY 16,
1995

9:00 - 2:00

Meet at
Visitacion Valley
Middle School:
McLAREN PARK
CLEANUP,
BARBEQUE,
Decorate Tree
with edible treats
for park Wildlife.
TRASH BAGS &
TOOLS PROVIDED
ENTERTAINMENT

PEACE
IN THE PARK
DR MARTIN
LUTHER
KING JR

Program to Feature Vanished S.F. Places

KQED has launched production of *Things That Aren't There Anymore*, a documentary exploring old familiar places that helped to make San Francisco celebrated around the world as the Queen City of the West - everybody's favorite town - but have now vanished. This hour-long program is scheduled to air in April 1995 on Channel 9.

Veteran award-winning documentary filmmaker Bill Jersey will produce and direct this nostalgic portrait of San Francisco, looking back on the time - not so long ago - when San Franciscans thrilled to the latest films at the Fox Theater, shopped for fine fashions

at the City of Parts department store and sipped sodas at Blum's Ice Cream Parlor on Geary St. *Things That Aren't There Anymore* will illuminate the memories of a time when great cases were tried in the old Hall of Justice on Kearny St., great novels were written in the historic Montgomery Block, and great fun was had at Playland at the Beach, Fleishhacker Pool and the Sutro Baths.

KQED is turning to its own viewers to participate in the production of the program. Individuals with stories, home movies, photos and memorabilia evoking memories of things now gone that used to make San Francisco legendary are invited to call 553-2850.

TreeCycling Day is on ReCycling Day

This Year,
Recycle Your Tree at the Curb.

WHEN

Your first recycling day after January 1st, by 6 a.m.

WHERE

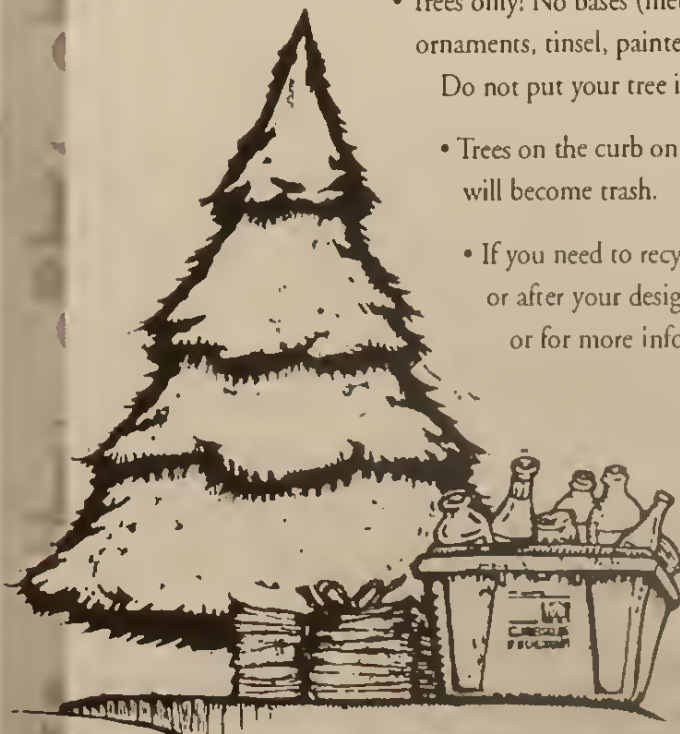
At the curb, next to your blue bin.

Apartment residents: at the curb on your street's first recycling day after January 1st, by 6 a.m.

- Trees only! No bases (metal or plastic), ornaments, tinsel, painted or flocked trees.
- Do not put your tree in a plastic bag.

- Trees on the curb on other days will become trash.
- If you need to recycle your tree before or after your designated TreeCycling day, or for more information, call the

San Francisco
Recycling Hotline
at 554-6193.



San Francisco
RECYCLING
PROGRAM

GRAPEVINE

VISITACION VALLEY

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Proper Care for Asthma Helps Athlete

"I want to reach my potential; that's my goal," said Rob Muzzio, Olympic athlete and asthma sufferer. "By controlling my asthma and training as hard as I can, I truly believe that I can be one of the top three decathletes in the world."

This positive attitude has enabled Muzzio to overcome the physical limitations due to his breathing condition, and finishing fifth in the Decathlon in the 1992 Olympics in Barcelona, Spain. Presently, his goal is to win the gold medal in the 1996 Atlanta Olympics.

Asthma currently affects more than 12 million Americans and causes approximately 5,000 deaths each year.

The road to the Olympics is difficult for any athlete, and is even harder with asthma, a condition first diagnosed in Muzzio when he was seven years old. A severe asthma attack knocked him from Olympic trials after the first day in 1984, and health problems kept him from qualifying in 1988.

Muzzio continued to have asthma problems, causing him to miss practices until 1991, when he met Dr. Donna L. Schuster after the world championships.

"She's put me on a consistent regimen of medications," explained Muzzio, "including anti-inflammatory medications that have been quite effective in preventing attacks before they occur. Thanks to a strong relationship with my doctor and taking my medications as prescribed, I haven't missed a day of practice in three and a half years due to asthma."

Alerting other asthma patients, Muzzio recommends, "You need to see a specialist and get on the program, so that you too will be able to make your dream a reality. That is what's most important."

Visiting his physician regularly and following her advice strictly, Muzzio feels a key to asthma success is evaluating a personal condition with either a family doctor or an allergy and asthma specialist and sticking to that doctor's regimen. Not only will performance improve, but it will also ensure the condition is under control.

Muzzio explained he is not alone in effectively controlling asthma in competition. Approximately 120 athletes with asthma competed in the 1984 and 1988 Olympics, with 57 winning medals.

Even though Muzzio's condition is considered under control, he still avoids allergic triggers, such as cats, dogs, dust, cold weather, grass and mold spores.

"There are really no cures for allergy and asthma," said Muzzio. "You have the power to make a difference with your condition, know what to avoid and when to take your medication. Control your asthma or it will control you!"

Muzzio currently speaks nationwide to both adults and children about living and succeeding with asthma as a spokesperson for the Asthma Zero Mortality Coalition (AZMC), an association of key organizations exclusively dedicated to lessening the rising asthma morbidity and mortality in the U.S.

Special After School Activities, Saturday Classes in January at Randall Museum

Located at 199 Museum Way, Randall Museum offers classes - both drop-in and ongoing - special events, exhibits, and live presentations and productions. There is plenty of free parking. Call 554-9600 for information.

AFTER SCHOOL CLASSES IN ART AND SCIENCE

Randall Museum, continues to offer dynamic after school classes beginning January 17, including Gizmos and Electricity (ages 9-13), Storytelling and Video Magic (ages 8-12), Potter's Wheel (ages 9-12), Marine Science and the Artist's Workshop (ages 6-8). A special Chinese New Year's mini-class constructing magnificent lion heads is also planned (ages 5 and up, under eight with adult).

There is also a special after school Teen Program, including Potter's Wheel for Teens, Teen Video and Animal Care Class. Teens are also welcome in many of the adult classes as well.

SATURDAY CLASSES

These hands-on classes, lasting 1 to 2 hours, begin each Saturday at 1 p.m. Space is limited and sign-ups begin at 12:30 p.m. All ages are welcome, but children under eight should be accompanied by an adult.

January 7: Earth Friendly Soaps

with Julia Willard. Make special scented soaps in a myriad of shapes. \$3 a person.

January 14: "I Have a Dream" Shadow Boxes with Alex Swift. Martin Luther King, Jr. dreamt of a world where people are judged by content of their character instead of color of their skin. Express your own dreams of freedom for all making a sparkling shadow box. \$3 a person.

January 21: What Do You Mean - Bird-Like Appetites? with Carol Preston. For the record, one yellow billed cuckoo can eat 217 caterpillars at a sitting; one pair of flickers have eaten 8,000 ants in a meal. Find out what various birds eat. Study bird specimens, play a game and make a bird feeder to take home. \$3 a person.

January 28: New Year Treasure Bag with Leslie Yee Murata. Chinese New Year begins January 31. Make a good luck treasure bag embellished with good luck charms to carry you safely through the new year. \$4 a person.

ALSO ON SATURDAYS

Animal Feeding at 12:15 p.m.; Free Animal Talk at 2:15 p.m.; Model Railroad Exhibit every second and fourth Saturdays from 12 noon to 4 p.m.; Drop-in Ceramics 10 to 11:30 a.m. on Saturdays from January 21 through March 18; and Saturday Science 11:30 a.m. to 12:30 p.m. weekly, except March 4, from January 7 through April 1.

DOCENTS NEEDED

Have you ever thought it might be fun to help kids touch a tortoise, peer at a opossum or stroke a snake?

Randall Museum, San Francisco's children's museum, needs docents to introduce live animals to schoolchildren. If you have time available Tuesday through Friday mornings, here is your chance to help kids learn about our animals. Live animal presentations at the museum are very popular with S.F. students and teachers.

Winter docent training class will be held Wednesdays, February 1 through March 8, from 11 a.m. to 1:30 p.m. Total cost is \$25, which includes docent manuals and a museum membership.

Potential volunteers should enjoy children and appreciate their excitement and fascination with animals. After training, docents must commit to working with visiting groups for two hours each week for a minimum of 12 weeks. For more information, contact Carol Preston or Margaret Goodale at 554-9600.

CITY COMMISSIONS AND BOARDS

REGULAR MEETINGS

Aging, 1st Wed., 9:30 am
Airport, 1st & 3rd Tuesday, 3 pm
Arts, 1st Monday, 3 pm
Board of Supervisors, Monday, 2 pm
Education, 2nd/4th Tues., 7 pm
Health, 1st/3rd Tuesday, 3 pm
Housing Auth., 2nd/4th Thurs., 4 pm
Human Rights, 1st/3rd Thurs., 4:30 pm
Library, 1st Tues., 5:30 pm
Planning, Thursday, 1:30 pm
Police, Wednesday, 5:30 pm
Port, 1st Tuesday/3rd Weds., 4:30 pm
Public Utilities, 2nd/4th Tues., 2 pm
Rec. and Parks, 3rd Thursday, 2 pm
Social Services, 4th Thurs., 9:30 am
Status of Women, 4th Thursday, 4pm

Brochure Assists Immigrants in Phone Emergencies

A new free educational brochure to help recent immigrants use the telephone was recently released by Consumer Action (CA), Sprint and the U.S. Office of Consumer Affairs (USOCA) and distributed in six languages.

Getting Help in an Emergency: Dialing 9-1-1 explains that in most parts of the country, dialing 911 will summon firefighters, police or medical personnel. If a 911 service is not available, the brochure outlines how to find out the proper emergency phone number so it will be at hand when an emergency occurs.

Getting Help in an Emergency is the fourth brochure in a series for the New Americans program, an educational project of Sprint and the USOCA designed to teach recent immigrants about the American telephone system.

"Being able to get help in an emergency is extremely important," said CA Executive Director Ken McElowney. "This fact sheet makes available, for the first time, information on how to use 911 service in a wide range of languages."

Emergency situations are clearly outlined in the brochure, alongside examples of occurrences that do not warrant calling 911, such as car being towed. Advice is given on how to call 911 and on the problems caused by misuse of the emergency line. Callers

who do not speak English and those with text telephones (TTYs and TDDs) are given suggestions on how to proceed with their 911 calls.

"911, use it when you need it, need it when you use it," said Dava Schlegel, president of Sprint's Consumer Services Group. "Being able to react quickly in an emergency can save a life."

New Americans program was launched after a 1992 survey of 408 recent Asian and Latino immigrants discovered that many had misunderstandings or lack of knowledge about the phone system. This survey found that 20 percent could not identify 911 as a number to call in case of an

emergency, 50 percent did not know how to call 411 for directory assistance and 28 percent were paying too much for international calls.

CA is distributing the brochure throughout community groups in major cities including Chicago, Miami, New York, Los Angeles, San Francisco and several communities in Texas. It is available in Chinese, English, Korean, Spanish, Vietnamese and Russian.

For a free copy of Getting Help in an Emergency, send a self-addressed, stamped (32 cents) envelope to: 911 brochure, Consumer Action, 116 New Montgomery St., Suite 233, San Francisco, CA 94105, indicating the language desired.

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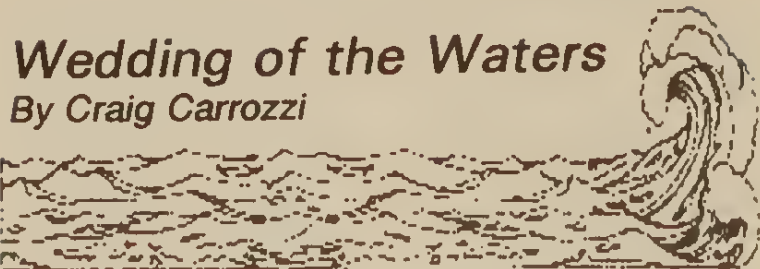
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Wedding of the Waters

By Craig Carrozzi



Having arrived in Leticia, Colombia to find the Brazilian Consulate closed until later that afternoon, adventurer Craig Carrozzi begins exploring the town.

LETICIA (PART 2)
I took a seat at the first open-air cafe in my path and dumped my bag under the marble-topped table. My cotton shirt was sweat-soaked and clung to my skin. I smelled ripe. Oh, for a cool shower, I thought. The waiter came, dropped a menu on the table and left before I could order a beer. Irritated, I glanced up to give him a dirty look and almost burned out my retinas. A fierce sun had perforated a hitherto protective layer of clouds.

With little black dots dancing in my eyes, I looked at the table and silently cursed the waiter. When I recovered my vision, I shifted my attention to the people in the cafe. There were only a handful of customers, most of them tourists judging from their European features. They were besieged by a steady flow of street merchants. Some of the trinkets on display were colorful knit shawls, wooden knives, plastic hammocks, and toy bows and arrows. Yeah, genuine Indian artifacts, I thought. There seems to be more vendors than tourists ... Beneath Leticia's laid-back front there's frantic competition for the tourist dollar. I bet you can buy almost anything here ... or anyone. And it sure would be a lot cheaper than in the States.

I glanced at the menu. A beer cost \$18 pesos, or a third more than what I paid in other parts of Colombia, and the meal prices were correspondingly steep. Man, this is like being in Fisherman's Wharf, I thought. This part of town will definitely not be my hangout of preference.

I pulled out a pen and began doodling on a paper napkin. Let's see ... \$20,000 pesos = \$500 dollars. Minus \$5,000 pesos in reserve. \$15,000 pesos = \$13,500 cruzeiros. Cost of transportation to and from Manaus = X ... Maybe 100 dollars or so by boat. But wait, eventually I have to get back to Bogota. There's no road so I could hitchhike ... Another flight. Then there's food, lodging and entertainment ... How can I make this last a month? Give up drinking? This is going to be very interesting ...

The waiter returned, interrupting my calculations. He looked askance at the messy napkin. I ordered an ice cold beer. When he brought the beer over I made him wait for his money while I took a deep draught. It was ice cold.

"Excuse me, senior," I said, "why is everything so expensive here?"

"Expensive?" he arched his eyebrows. "It is not that expensive for a ..."

"Gringo with dollars, I thought. "It is expensive compared to the rest of Colombia," I said.

"Where are you from?"

"I live near Bucaramanga."

"Ah, you live in Colombia. Well, you have to understand that Leticia is very isolated and many things have to be flown in at great expense."

"That makes sense ... But tell me, do you know where I can find a cheap hotel or pension?"

"Of course, sir. Right down this street you can find several with very reasonable rates."

"I already checked those. For me they're not that reasonable."

The waiter gave me an almost contemptuous look. "Well, I'm referring to decent places."

"All right, man," I said, regarding him coolly. "Thanks for the information."

"Always at your order," He walked away stiff-backed.

So much for his credibility, I thought. I guess we just have different concepts about what cheap means. At any rate, I got to get away from this part of town.

I drank a second beer and watched the people circulate. The rest and the beer refreshed me. The alcohol gave me a fuzzy optimism. It's time to stop thinking an follow my instincts.

I tossed my bag over my shoulder and wandered up the street in the general direction of the plaza. On the corner, across from the military base, stood a young boy selling hammocks. As I came abreast of him, I nodded and smiled.

"Hey, meester."

I turned to face the boy. He struck a fawning pose, teeth shining from his mahogany colored complexion and his dark eyes glittering with anticipation.

"What do you want?" I asked.

"You want to buy a beautiful native hammock, meester?"

"I shrugged. "Who knows. Let's have a look."

At first I glanced over his stock of hammocks, not really interested in buying one. Then I examined them closely; the hammocks were made of fine natural fibers. They were rainbow striped and the fabric was strong and tightly woven.

"They are good," I murmured.

The boy smiled and tapped his right foot. "Only \$800 pesos. Twenty dollars.

"They are beautiful," I said. "And maybe worth what you are asking But I don't have much money. What I really need is a cheap hotel or pension. Can you tell me where one is?"

The boy's smile vanished and was replaced by a grimace. "Over there!" he spat, pointing toward the Hotel Amazonas - by far the most expensive place in town.

"Very funny, brother. But I can't afford that."

"Why not?" He put his hands on his hips and eyed me. "You look like a rich one to me."

I snickered. I thought, I'm tired of these wrong stereotypes.

"Look *manito* (little brother), you've got a lot to learn," I said. "If I were rich, would I be carrying my own bag and sweating like a pig?"

"Who knows? Maybe you are one of the many stingy gringos."

"Maybe. Or maybe I'm not as rich as you think. There are poor people in the United States and Europe."

"I doubt that ... But," he continued, his taut facial muscles relaxing a bit, "If what you say is true ... that you aren't lying to me, there is a hotel called La Villa."

"Where?"

"It's two blocks straight ahead and to the right. It's for nationals."

"How much?"

"\$130 pesos a night. It isn't elegant, but it's clean and very safe."

"Thanks, *manito*. I'll remember you for this."

"If you want to thank me, buy a hammock."

"I can't right now."

"You could."

"You know," I said, irritated by his manner, "you might have more success selling the hammocks if you weren't so rude."

"Why shouldn't I be rude?" he sneered. Then he gave me an insolent grin as if to say, what kind of idiot are you?

"All right, man, stay cool."

I turned and walked in the direction the boy had indicated, reflecting ruefully on his parting words. "Why shouldn't I be rude?" The cynical little punk almost upset me. But at least he gave me the information I wanted ... I hope. He's so similar to the boys I work with in the correctional. A Gamin. Ancient before his time. Streetwise and cunning. He'll make a good businessman if someone doesn't kill him first.

A block from the main tourist drag, the streets were unpaved and muddy, with great ruts eroded along the flanks. Wooden sidewalks, as if from a town in the Old West, were elevated above the muck and featured serviceable hitching posts for horses. Here hard-faced men with machetes sheathed to their thighs strode to and fro, peering from beneath the rims of their straw hats. Gunslinger eyes, I thought. They look like some mean customers.

I ran into a gauntlet of small variety shops offering all manner of souvenirs. I was bombarded by attendants with cries of a *la orden*. I ignored them. Sorry. All I want is a place; almost any place will do to strip off my stanky clothes and store this bag.

I turned the corner and the souvenir shops were replaced by rustic wooden residences with corrugated roofs. I covered the length of the street without finding the hotel. It should be here, I thought. I covered the next street. Nothing. I wondered if the boy had indeed burned me. I tried the following street. Nothing, not even an expensive hotel. Why that little punk, if I see him again ...

I retraced my steps, walking along the opposite side of the street. This time, on the street the boy had mentioned, I encountered a nondescript building with a peaked metal roof. A small sign beside the entrance bore the inscription *Pensión La Villa*. Well, I thought, he was telling the truth. Sorry, kid. I must have been in a daze. Maybe I should worry more about myself.

I scrutinized the interior of the *pension* and chuckled aloud. The owner must be a very enterprising and audacious person to name this sorry looking dump *La Villa*. Still, I better go in and check it out. Can't forget that hotel in Cali ... It looked a lot scuzzier than this and it was just fine. Good people.

Smiling at my last thought, I bounded up a worn front stoop, pushed open the door, and entered a narrow gloomy foyer with a tile floor. It smelled vaguely of *arguardiente* (cane alcohol). I paused near the doorway, letting my eyes adjust to the change in light, and heard a chair scrape on the floor off to my right.

"At your service, young man."

I stepped forward, squinting, and finally spotted an obese middle-aged woman. She was dressed in a colorful print gown; her bulk reclined like gele-

tin in a lounge chair. Started by the apparition, I remained tongue-tied.

She eyed me, curiosity apparent on her pleasant face, and asked me in slow precise Spanish, "You want a room, *mono* (literally monkey; but in Colombia a blond person)?"

I nodded assent.

"Alvaro," she bellowed, her voice like a bullhorn. "Comel Comel ... There is a guest here." She smiled at me, flashing a gold eyetooth. "He's on the way."

Within seconds, entering the hallway from the rear door, came a trim young man with straight black hair and frank, Iberian features. He advanced leisurely and motioned for me to come forward and meet him at the desk near the end of the hallway. As I did so, he took a seat, selected a sign-in sheet from the top desk drawer, and with pen poised he gazed at me.

"I would like a room for the night," I said in my most impeccable Spanish.

His dark eyes stared uncomprehendingly; a sardonic grin split his lips. "You ... want ... a ... room ... for ... the ... night?" he asked. "It ... costs ... \$150 ... pesos ... You ... pay ... now ... Understand?"

The blood rushed to my face and my eyes slitted. "I understand very well what you said. And you don't have to speak to me as though I just got off the boat!"

Alvaro was initially taken aback, then a different sort of smile came to his face.

I'm tired of these people playing with my mind all the time because they can't conceive of a gringo speaking Spanish well, I thought.

"You speak *el castellano* (Spanish) pretty well," said Alvaro. "Where did you learn?"

"I have lived in Colombia for over a year. Besides this, I studied it in school and I grew up in a *latino* neighborhood in the United States.

"I have heard that."

"Yes, it's true. And brother, the women of Bucaramanga are so beautiful" Alvaro released a profound sigh.

"When I was there I fell in love with a different woman almost every week."

"Yes, there are some real beauties there."

"Are you acquainted with Tollma?"

"Yes, a little bit. I've been to Ibaguè and this resort town called Melgar."

"What did you think of it?"

"It's a very pretty countryside and my head was turning like crazy with so many gorgeous women passing on all sides."

"I am *ibagueno*. What a coincidence, no?"

"La verraquera, *mano* (something like: far out, brother)!"

Alvaro guffawed, almost toppling from his chair.

Nothing like using a little slang and complimenting the women of a Colombian man's city to make him feel comfortable with you, I thought.

"You know *verraquera*," said Alvaro. "I don't believe it. You are a strange gringo."

"Thanks." I guess he meant that as a compliment, I thought. One thing for sure, I've made an impression on him.

We returned our attention to the sign-in sheet.

"Why are you in Leticia?" asked Alvaro. "And for how long do you plan to stay?"

"Well, actually, I plan on going to Manaus if I can find a boat to take me there within the next few days ... So, I could be leaving tomorrow, or the day after tomorrow, or the day after that. I can't tell you exactly."

"Why do you want to go to Manaus?"

Now why should I tell this guy? I thought. Damn, he's nosy! ... But then again, I kind of like his forthright manner. What the hell, maybe he can



"Americano," he muttered, shaking his head. "How strange ... Well, I'm sorry I offended you."

"That's all right, man, in California they all call South Americans, Mexicans."

"Who does?"

"Ignorant people."

"Oh ... What is your name?"

"Carrozzi. Cral ... uh, Gregorio Carrozzi."

"Carrozzi," he intoned, rolling the double *r* as though he were a soccer broadcaster. "That is an Italian name, certain?"

"One of my grandfathers was Italian, yes."

"Ah, yes, *italiano*." Alvaro nodded sagely. "That is why you speak Spanish well; you have Latin blood in your veins. For that, you are *latino*."

I stifled a chuckle. "Whatever you say, man"

Alvaro gave me a hard look. "You don't believe in that?"

"Look, man, my grandparents were French ... I took two years of French in high school and didn't learn a damn thing. I learned Spanish well from necessity ... Nobody speaks English where I live right now."

"Yes, well ..."

"And what you said about me being Latin ... I remember a time in my neighborhood when a blond-haired, blue-eyed Mexican called me a white s.o.b. You can imagine what some of the dark skinned people called me."

"That is absurd," said Alvaro. "As you said earlier, ignorant people."

"Well it's more than that. Ethnically and culturally, your country is more homogeneous than mine ... Especially where I grew up, San Francisco, we have people from almost every country in the world. Sometimes it takes a few generations for the new ways to take hold. Some groups and individuals still aren't fully integrated into the culture."

"It sounds crazy."

"A little bit," I said, smiling. "But people are still people."

"Where do you live now?"

"Well, I spend about half my time in Piedecuesta and the rest in Bucaramanga."

"Bucaramanga de Santander?"

"Yes."

"I come from Tollma," said Alvaro, smiling broadly. "But I know Santander ... And the people there are very similar to the people of Tollma."

varo smiled, "the manner in which they speak resembles a singing jungle parrot."

I shook my head and chuckled. This is Latin American brotherhood, I thought. I bet Alvaro would make a great U.N. delegate ... or OPEC minister from the Middle East. I can hear him now: Yes, we're all Muslim brothers as long as we get to fix our own profit margin. Otherwise, you're all heretics and Allah will smite you! Not to mention Yahweh I can't wait to hear what the Peruvians and the Brazilians have to say about the Colombians.

Our conversation reverted to the sign-in sheet and we made excellent progress. Then Alvaro asked me my nationality.

"I am North American."

Alvaro winked at me. "I'm going to write that you're Colombian."

"Why?"

"Well, because you have a funny accent, but I like the way you talk So you are a Colombian and receive a discount of \$20 pesos a day. That's a special rate for nationals."

"All right, I won't argue with that." I pulled out my wallet and started to pay him on the spot.

Alvaro waived the money away with a careless flourish. "Between friends there is no problem. You pay me whenever you want." He reached into the right top desk drawer. "You have room nine. Here is your key."

"Thanks. I'm feeling tired."

"For nothing. Go ahead and get some rest. I'll see you later."

"All right, later," I said, and hefting my bag, passed from the gloomy hallway through a narrow entranceway and into a brilliantly lit patio. I looked up and was blinded by the bright sunlight flooding through a poorly glazed skylight. I closed my eyes and inhaled deeply; the air was thick with the earthy aroma of plants, heady with oxygen. I blinked my eyes and the room came into focus. A variety of ferns and potted flowers were scattered about the area. What luxuriant plants, I thought. But why not - it's like a greenhouse in here.

Directly in front of the doorway was a motley collection of sofas and straight-backed wooden chairs, arranged theater style facing a black-and-white television that hung precariously from a root support pillar. A dozen or so loungers were watching an apparently engrossing soap opera. At a commercial break, they turned and gave me inquisitive glances.

"Good show?" I asked.

Except for a couple of giggles, no one answered.

I stepped past them to the rear of the patio and found two shower stalls and a sink. The toilets were on the opposite end of the area. I inspected everything. They're serviceable, anyway, I thought. Now for my room.

Along either side of the patio ran a wood framework, the front covered by plywood and the frame divided into individual compartments by thin press-board partitions. Like jail cells, I thought. Each room was equipped with a good quality wood door, a small padlock and a gold-painted metal room number. These rooms are a joke, I thought. But I don't get the nice doors and the gold numbers Either the owner got a deal on them or he wanted to add a touch of class. Maybe it raises the rent by \$50 pesos.

I shook my head and pushed open the unlocked door to cubicle number nine. I stooped to enter. The room was nothing more than an oversized closet; yet somehow, two cots and a night table were jammed into the space. I tried to squeeze past the near cot and banged my shin against the protruding corner of the steel frame. I flung my bag onto the bed in the back of the room. I knelt down to examine my leg; it was skinned and had a purple welt. At least it's not bleeding, I thought. I rubbed it to take some of the stinging sensation away.

While on the floor, I happened to look up. The front and side partitions of the cell were about eight feet high and ended in thin air. An electric fan hung from a ceiling beam and traversed the length of the patio. My ceiling was the patio roof. This permitted air to circulate, but it also made every giggle, belch, scream, fart, or whatever, audible throughout the pension. Cheaper than building windows, I thought. Well, maybe the fan will drown out some of the noise. I checked the beds; the sheets were freshly laundered; the bed springs sound. This will do fine for a day or so, I thought. Now for a nap.

I stripped off my clothes, switched on the fan and flopped on the nearest bed.

My rest was aborted. Voracious mosquitos, who buzzed my ears and picked at my uncovered feet and ankles, drove me to distraction. A maddening itch assailed the lower part of my legs. I sat up to look. A series of angry welts adorned my ankles and the tops of my feet.

I shifted my gaze to the wall. A gang of bloated insects leered back at me. "All right, suckers," I arose, grabbed my sweaty shirt and vengefully mashed the mosquitos into

See Page 5

WEDDING OF THE WATERS
First editions of the critically acclaimed *Wedding of the Waters* are still available in very limited number for \$10 each. Send payment to: *Visitacion Valley Grapevine*, 50 Raymond Ave., San Francisco, CA 94134.



Peculiar Doings

Besides everything else in 1994:

*Seems about 60 percent of Russia's richest millionaires used to be part of the Soviet Union's Communist elite.

*And the Russian government is seeking a way to restore the honor of Czar Nicholas II, ordered shot in 1918.

*Meanwhile, Moscow's largest hotel had to close due to rats and roaches. Keeping score?

*So what does the guy in Munich who hates cars do for revenge on society? Why, he goes walking on a busy highway and dares motorists.

this is Germany, mind you - to run him down.

*Scientists in Italy decided to anchor the Leaning Tower of Pisa to thick steel cables buried underground to keep it from tilting any further until they could figure a better way to keep it from eventually falling.

*Speaking of downward descents, one drunk young man in Sweden who decided to go strolling on a roof fell 45 feet down the chimney. After nine hours of pleas for help through the wall, he was pulled out - all scratched up, covered with soot, but quite sober!

*And in Cameroon, one Yaounde family startled by a loud crash at midnight were shocked to find a live cow - having strayed from herd on its way to the slaughterhouse - had fallen through the roof of their house and landed on the kitchen table. A bit premature.

*In London, studies of breathing involving more than 1,400 people disproved theories that people with high blood pressure are more likely to snore. Sleep on that one!

*And Scotland was labeled the unhealthiest area in Western Europe. No wonder they have all those ghosts!

*Fancy footwork for one skater in Newport Beach - from a boardwalk to a planter and over a trash can - earned him a ticket in the mall for \$1,350! Reckless skating charges were eventually reduced by a judge to a \$49 fine with, no doubt, a warning about daredevil antics.

*Governor Wilson spared the life of

a toothless, 400-pound black bear in Monrovia condemned to death for using local residents' swimming pools and spas. Guess they found it unbearable.

*One would-be robber in Oklahoma City botched his crime by cutting in front of two plainclothes line police officers in line at a convenience store before threatening the checker with a knife. We all know ... No cuts!

*So now medical research confirms some folks like coffee so much, they develop many of the same dependency traits as alcoholics or drug users. Gee, I also have a real bad habit of eating every day, too, you guys!

*While we're on healthy things, it could be mentioned that New York policemen - all 31,000 of them - are now subject to stricter physical fitness standards. No more NYPD Blub.

*All that, along with the fact we can no longer sit down and enjoy Italian, Mexican, Chinese or whatever food - thanks to a bunch of high-paid scientific-type people who probably eat the same stuff.

*So now the Treasury Department is asking people to stop dumping all their pennies into Jers and put them back into circulation. It costs about 0.8 cents a coin to make them, probably not a good enough return for Uncle Sam.

*And this after a survey by one magazine finds Americans are - more than ever - dishonest about money. I'll buy that!

Wedding of the Waters

From Page 4

bloody pulps. I shivered with disgust. That's mostly my blood on the wall, I thought Bugs are going to be a problem. Well, it's time to get going and take care of business. On to the consulate.

I selected fresh clothing - light cotton jeans, a blue tank-top, athletic socks, and my inevitable sneakers. I topped things off with a white Panama hat. Jungle clothes, I thought. Got to keep cool and think cool.

I left my cubicle and walked over to the sink by the shower stalls to throw water on my face. I looked at my re-

lection in the cracked mirror.

"I look like a complete idiot!" I exclaimed, startling several of the soap opera viewers. Embarrassed, I put a lid on my thoughts. Maybe I should dump this hat. It just don't look right on me. Neh, wouldn't do any good. Besides, it'll keep the sun off.

I strode from the pension and headed in the direction of the Brazilian Consulate. About two blocks later I stopped to drink a beer. It's tough to get moving here, I thought. I think I'd go crazy here. Most of these girls are petite - the way I like. Slim and well-proportioned. Beautiful, creamy brown skin. And exotic features - almost Polynesian. But what gets me the most is the way they walk. Very sensual. Unaffected. Light-footed graceful, and proud. They remind me of jungle cats on the prowl. Sinuous and sleek. Alert and ready for whatever. And maybe dangerous ...

Continued Next Month

Black History Events at Exploratorium

Exploratorium BLACK HISTORY MONTH

In honor of Black History Month and beyond, from January through March 1995, the Exploratorium presents a series of demonstrations and events that highlight the contributions of African American culture to science. This series features African American researchers and artists speaking of their work, as well as ten interactive Exploratorium exhibits, highlighting phenomena discovered by black scientists. An African American Scientists and Inventors Pathway, a guide to these exhibits, accompanies the exhibition.

MULTIMEDIA PLAYGROUND 1995
Information revolution. Communication revolution. You keep hearing about the explosion of possibilities in the fields of education, communication and art. Instead of sitting around feeling envious about being left behind or smirking at all the hype, why not just come to the Exploratorium's *Multimedia Playground '95* from January 21 through March 12 and find out exactly what's going on. Just where have those now familiar buzzwords like virtual reality, Internet, worldwide web and CD-ROM really gotten to?

Back by popular demand, this is a rare multimedia event for the public, combining hands-on experience with guided demonstrations in the latest developments in CD-ROM, virtual environments, the Internet, and a media workshop where you can make your own multimedia projects.

Children throughout the country are collaborating via the Internet to design their own ideal virtual reality neighborhoods. Let your child participate and then the whole family can walk through the pastel colored streets. Or explore how multimedia is made by doing it yourself in the Media Workshop, where you can create a multimedia family archive.

If you've never been on the Internet, now is the time. If you already know about the Internet's ever-expanding network of computers that links millions of people and provides access to documents and archives around the world, then find out what creative processes and innovations are starting to emerge from all the techno link-ups.

SPECIAL HOURS

Located at 3601 Lyon St. in the Palace of Fine Arts, the Exploratorium, San Francisco's popular museum of

science, art and human perception, will be open during special holiday hours in January: including New Year's Day; Monday, January 2 and Martin Luther King, Jr. Day on Monday, January 16.

Exploratorium is regularly open Tuesday through Sunday, 10 a.m. to 5 p.m., Wednesday evenings until 9:30 p.m. Admission is \$8.50 adults, \$6.50 seniors and \$4.50 youth, with free admission the first Wednesday of each month. Call 563-7337 for more information.

BLACK HISTORY EVENTS

Zeke Neely

Sound and Hearing

Wednesday, January 4 at 2 p.m.

Zeke Neely is a multi-instrumentalist, composer, instrument builder and teacher. He will demonstrate and explain the science behind and assortment of percussion instruments, including aerophones, idiophones and membranophones. After the demonstration, the Zeke Neely Ensemble will perform music using these instruments, with Laula and Melia Connor joining them in dance.

Dr. Patricia Cowings

Space Medicine Research and Biofeedback Systems

Wednesday, February 1 at 2 p.m.

Dr. Patricia Cowings is a space medicine researcher at NASA AMES. She will present a biofeedback system in use with astronauts to measure respiration, temperature, sweat response and heart rate. Some of the nature of Dr. Cowings' research and discoveries are captured in the Exploratorium exhibition *Silage Beach*, which deals with the perception and experience of spin.

Dr. Lawrence Poree

Neuroanatomy

Wednesday, March 1 at 2 p.m.

Lawrence Poree holds a Ph.D. in Toxicology from the University of California, Berkeley and is currently a staff research scientist in anaesthesia at Stanford, while working on his MD. Dr. Poree, a former Exploratorium explainer, offers a presentation on neuroanatomy using specific exhibits at the Exploratorium to illustrate his talk.

Black Scientists and Inventors Pathway

This special exhibit guide for the public highlights the discoveries of black scientists and inventors, and how they are incorporated into Exploratorium exhibits. It draws special attention to individuals such as experimental physicist James West, co-inventor of foil electret, which help convert sound into electrical signals - in hearing aids, memory telephones and smart information terminals. They are paper-thin membranes tiny enough to build into the most compact equipment, yet precise enough to monitor delicate changes in the rhythm of blood in our veins.

Crossword Solution

From Page 6

BOOK * * * DOME
END * BOER * *
NEON * RADIO *
* RU * GR * CW
* D * TEA * ON
B I * * AND * N *
US * OS * IE * *
SHAW * EACH
* N ILE * SUE
SEAT * BEEN

RECIPE CORNER

LASAGNA ROLLS

1/2 pound bulk Italian sausage; 1/4 cup chopped onion; 1 large beaten egg; 1/2 cup cream-style cottage cheese; 2 tbsp. grated Parmesan cheese; 4 lasagna noodles, cooked; 8 oz. can pizza sauce; 1 tbsp. water or dry red wine; 1/4 cup shredded mozzarella cheese.

Crumble the Italian sausage into 1-quart casserole. Stir in the onion. Micro-cook, uncovered, on 100 percent power for 3 to 4 minutes or until sausage is done and onion is tender. Drain off fat. Stir in beaten egg, cream-style cottage cheese and grated Parmesan cheese. Spread each lasagna noodle with some of the meat-cheese mixture. Roll up each noodle jelly-roll style, starting with the short edge. Place seam side down in a small greased baking dish. Stir together the pizza sauce and water or dry red wine. Pour atop lasagna rolls in the baking dish. Micro-cook, covered, on 100 percent power for 4 to 5 minutes or until the lasagna rolls are heated through. Sprinkle shredded mozzarella cheese atop the lasagna rolls. Micro-cook, uncovered, on 100 percent power for 30 seconds to 1 minute more until cheese is just melted. Serves two.

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OVERNIGHT EXCURSIONS	POTLUCKS
RENO TRIPS	HOLIDAY CELEBRATIONS

66 Raymond Ave. 467-4499
Pat Crocker : Director

**Visitation Valley Community Center
SEWING CLASS**
Meets every Thursday, 9 a.m. to 3 p.m.
VVCC Ballroom, 50 Raymond Ave.
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All Ages Welcomed
For more information,
call Pat at 467-4499.

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San Francisco

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ORANGE
PLUMAS
SACRAMENTO
SAN BERNARDINO
SAN FRANCISCO
SAN LUIS OBISPO
SANTA BARBARA
SANTA CRUZ
SIERRA
SOLANO
STANISLAUS
TEHAMA
TULARE
VENTURA
YUBA

Puzzler State Counties #2

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A Look Back at Recycling in 1994

By David Assmann
1994 was a good year for recycling in San Francisco. More than 100 million pounds of materials were recycled through curbside and apartment recycling - that's more than the combined weight of every resident in San Francisco! Newspaper remained at the top of the list of materials recycled, making up 74 percent of all recyclables collected. Next most recycled material was glass, accounting for 17 percent of the total.

Participating in curbside or apartment recycling, the average household recycled 839 pounds of recyclables in 1994, including 474 pounds of newspaper (that's a 15 foot high stack of newspapers!), 107 pounds of glass (equivalent to 216 bottles), 38 pounds of other paper (equivalent to more than 1,200 pieces of junk mail), 12 pounds of tin/steel cans, five pounds of plastic bottles and two pounds of aluminum cans.

A special summer campaign to promote recycling in the southern half of the City (Bayview/ Hunters Point, Excelsior, Mission, OMI and Visitacion Valley neighborhoods) was met with enthusiastic response. The volume of recyclables collected in these neighborhoods increased by 20,000 pounds during the three month campaign, and more than 1,000 residents sent us recycling cards. We called more than 10,000 households during the campaign to talk about recycling and answer questions. One thousand residents were given free tickets to the Giants game (which, due to the baseball strike, will be redeemable next season).

1994 was also a good year for the San Francisco Home Composting Program. Nearly 700 people were trained in hands-on composting workshops, more than 2,000 purchased home composting bins, 8,000 visited the Compost Education Center at the Garden for the Environment and more than 4,000 called the Hotline for information. The home composting program is funded by the San Francisco Recycling Program and implemented by the San Francisco League of Urban Gardeners.

Other 1994 recycling highlights included:

"The sixth annual phone book recycling campaign, which resulted in collection of more than two million pounds of telephone books (more than 750,000 books). The number of directories collected from businesses was almost double last year's total. Many of the collected books were shipped back to a paper mill in Washington state to be made back into telephone directories.

Book Review

Back to the Batcave by Adam West, with Jeff Rovin; Berkeley Books, New York; 1994; 268 pgs.; \$12

"It is certainly not my intention to celebrate anything about myself within these pages..." writes Adam West modestly before an introduction to his new autobiography, a thrilling look back at the tentatively campy Batman television series of the late 1960s. West comments on each of the cavalcade of famous actors who turned up as villains or in cameo roles episode by episode as he portrayed the Caped Crusader with Boy Wonder Burt Ward, while also recalling his life as an actor. And on Tim Burton's *Batman* - soon to star Val Kilmer next time around - he admits he was "angry and profoundly disappointed when I was not asked to reprise the role..." Holy inconsistency, there's only one Batman!

FAMOUS BIRTHDAYS

JANUARY

1: Oane Andrews (1909); Matthew Beard, Jr. (1925); Ray Bolger (1904); Francis X. Bushman (1883); Barry Goldwater (1909); Paul Henreid (1908); Carole Landis (1919); Frank Langella (1940); Bernard Lee (1908); Terry Moore (1932); Don Novello (1943); Paul Revere (1735); Betsy Ross (1752); Marlene Sanders (1931); Milton Sills (1882)
2: Isaac Asimov (1920); Jim Bakker (1939); Federico Fellini (1920); Lorenzo Lamas (1958); Florence Lawrence (1888); Sally Rand (1904)
3: Michael Anderson (1920); Maxine Andrews (1919); Victor Borge (1908); Dabney Coleman (1932); Mel Gibson (1961); Gene Hackman (1931); John Ireland (1915); Robert Loggia (1930); George Martin (1928); Ray Milland (1909); Victoria Principal (1944); Vanessa Redgrave (1937); Steven Seiler (1945); Hank Stram (1924); Jesse White (1919)
4: Dyan Cannon (1938); Sterling Holloway (1905); Sir Isaac Newton (1642); Don Shula (1930); Jane Wyman (1914); Dick York (1929)
5: George Washington Carver (1864); Jean Dixon (1919); Robert Duvall (1931); Diane Keaton (1946); Pamela Sue Martin (1954); Walter Mondale (1929)
6: Joey Adams (1911); Bonnie Franklin (1944); Joan of Arc (1412); Carl Sandberg (1878); Danny Thomas (1914); Lorette Young (1913)
7: Nicolas Cage (1964); Tony Conigliaro (1945); Millard Filmore (1800); Vincent Gardenia (1922); Kenny Rogers (1948); Butterfly McQueen (1911); Jann Wenner (1948); Adolph Zukor (1873)
8: David Bowie (1947); John Carroll (1735); Jose Ferrer (1912); Yvette Mimieux (1939); Elvie Preston (1935); Larry Storch (1923)
9: Joan Baez (1941); Bob Denver (1935); Fernando Lamas (1925); Gypsy Rose Lee (1914); Richard Nixon (1913); Soupy Sales (1930); Bart Starr (1935); Susannah York (1941)
10: Francis X. Bushman (1883); Sal Mineo (1939); William Sanderson (1948); Rod Stewart (1945)
11: Chester Conklin (1888); Alexander Hamilton (1755); Rod Taylor (1930); Grant Tinker (1926); David Wolper (1928); George Zucco (1886)
12: Kirstie Alley (1955); Joe Frazier (1944); John Hancock (1737); Patsy Kelly (1910); Joe E. Lewis (1902); Rush Limbaugh (1951); Jack London (1876); Tex Ritter (1907); Howard Stern (1954); Glen Yarborough (1930); Henry Youngman (1906)
13: Julia Louis-Dreyfus (1961); Charles Nelson Reilly (1931); Robert Stack (1919); Brandon Tartikoff (1944); Sophie Tucker (1884)
14: Benedict Arnold (1741); Frances Beaver (1905); William Bendix (1906); Babe Danile (1901); Faye Dunaway (1941); Hal Roach (1892); Andy Rooney (1919)
15: Mathew Grady (1823); Lloyd Bridges (1913); Martin Luther King, Jr. (1929); Garmel Nease (1919); Aristotle Onassis (1906); Veronica Tennant (1948)
16: Harry Carey (1878); Dizzy Dean (1911); A.J. Foyt (1935); Ethel Merman (1908)
17: Noah Beery (1884); Benjamin Franklin (1706); James Earl Jones (1931); Shari Lewis (1934); Kenny Rogers (1947); Mack Sennett (1880); Betty White (1917)
18: Cary Grant (1904); Oliver Hardy (1892); Danny Kaye (1913); Kevin Costner (1958); Daniel Webster (1782)
19: Deel Amaz, Jr. (1963); Phil Everly (1938); Shelley Fabares (1944); Gen. Robert E. Lee (1807); Guy Madison (1922); Dolly Parton (1948); Edgar Allan Poe (1809); Jean Stapleton (1923); Fritz Weaver (1926)
20: Buzz Aldrin (1930); George Burns (1896); Arlo Johnson (1934); DeForest Kelly (1920); Patricia Neal (1926)
21: Bobby Benson (1955); John C. Breckenridge (1821); Alan Hewitt (1915); Benny Hill (1925); Stonewall Jackson (1824); J. Carroll Naish (1900); Steve Reeves (1926); Telly Savalas (1923); Wolfman Jack (1938)
22: Bill Bixby (1934); Linda Blair (1958); George Foreman (1948); O.W. Griffith (1876); Ann Sothern (1911)
23: Richard Dean Anderson (1950); Princess Caroline of Monaco (1957); Ernie Kovacs (1919)
24: John Belushi (1949); Ernest Borgnine (1917); Neil Diamond (1941); Mark Goodson (1915); Henry King (1896); Oral Roberts (1918)
25: Robert Burns (1759); Charles Curtis (1860); King Donovan (1919); Charlotte Greenwood (1893)
26: Julie Fier (1929); Anne Jeffreys (1923); Joan Leslie (1925); Gen. Douglas MacArthur (1880); Paul Newman (1925); Gene Siskel (1946); Bob Uecker (1935); Eddie Van Halen (1957)
27: Lewis Carroll (1832); Troy Donohue (1936); Samuel Gompers (1866); Wolfgang Mozart (1756); Donna Reed (1921)
28: Alan Alda (1930); Sir Francis Drake (1540); William Stanley (1841)
29: W.C. Fields (1880); John Forsythe (1919); Ann Jillian (1951); Victor Mature (1919); William McKinley (1843); Tom Selleck (1945); Oprah Winfrey (1954)
30: Dick Martin (1923); Judy Norton-Taylor (1958); Franklin D. Roosevelt (1882)
31: Carol Channing (1923); Phil Collins (1961); James Franciscus (1934); Garry Moore (1916); Suzanne Pleshette (1937); Nolan Ryan (1947); Franz Schubert (1797); Jessica Walter (1944)

"Filling the last gaps in residential recycling for the City by introducing a tailor-made curbside recycling program for paper and containers in Chinatown, surveying neighborhoods and adding housing authority and other buildings to the program.

"Installation of recycling containers for newspapers in all underground Muni metro stations. This program is expected to result in the collection of more than a quarter of a million pounds of newspaper every year.

"Unveiling of our colorful 10-by-29 foot environmental booth on Earth Day 1994. This educational booth, designed by five City departments, is filled with information and interactive displays. Tens of thousands of San Francisco residents toured the booth at more than 20 street fairs, public events, schools and the zoo during the year.

"Our continuing campaign to educate students about waste prevention and recycling in 1994 included organizing 55 class field trips, conducting 65 class presentations, participating in 15 school fairs and other events, and sending out 10,000 copies of our newsletter to San Francisco teachers.

"Recycling of more than 950,000 pounds of Christmas trees set a record for our annual TreeCycling program.

So what's ahead for 1995? Well, first of all, look for an expansion of the items accepted by the curbside and apartment recycling programs as of

April, 1995. We'll be giving out details about the new recyclable items in March.

Secondly, residents of the Richmond and Sunset districts will see a special promotional campaign for recycling in the spring, as we move our neighborhood focus from the southern half of the City to the western side.

Our ever-popular compost bin sale will be held again in 1995. We will be offering a \$100 compost bin for under \$30 at this sale. For details, call 285-7584 after March 15.

Starting in January, the commercial recycling staff will be launching an exciting new marketing campaign, *Recycle! Business Benefits*. This program will combine an aggressive outreach effort with an education and awareness campaign designed to increase recycling at San Francisco businesses. To help put recycling to work at work, the Program has produced brand new *Business Waste Reduction* tools to help San Francisco businesses, including a new business guide, *Waste Reduction at Work*. The materials provide updated information about free recycling resources and services available to local businesses, including directories listing companies that accept materials for recycling. For information on this campaign, call 554-3400.

Finally, the most important part of our 1995 recycling campaign is you. With your continued participation, we can keep San Francisco in the forefront of recycling.

VVMS Featured in Recent Publications

A family school design, school-wide discipline plan and a caring staff have all contributed to the success of Visitacion Valley Middle School, recently focused in a publication of the National School Board Association, as well as periodic features in the San Francisco Examiner.

KEY-SEC
Key Stakeholders in Education Council (KEY-SEC), the newly formed VVMS parent group, is planning a special event for Martin Luther King, Jr. Day. Future meetings are scheduled for January 4 and 24, February 21, March 21, April 18, May 23 and June 8, from 5:30 to 7 p.m. Call 469-4590 if you are interested in becoming a member.

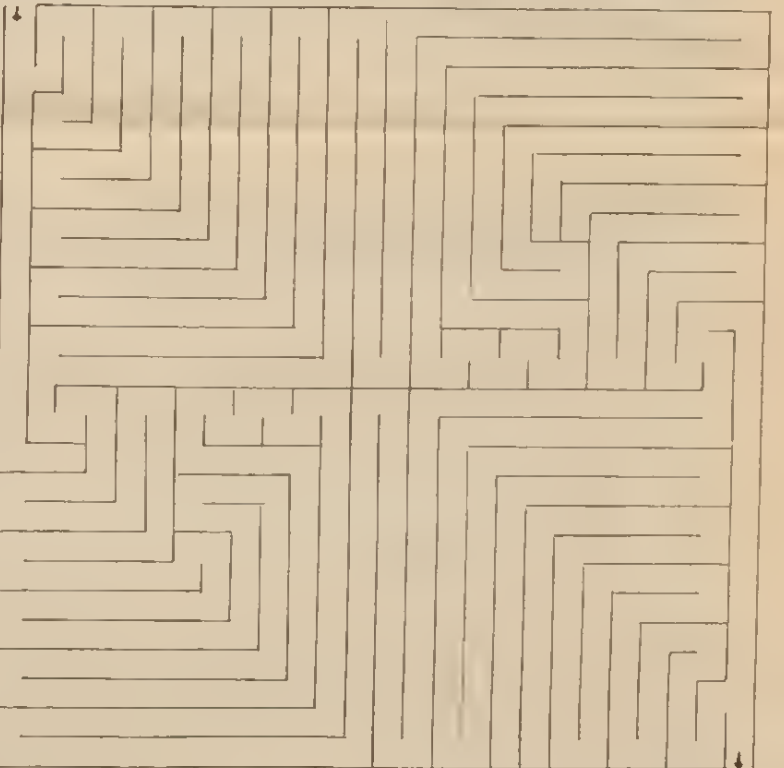
ADOPTED

Tumer Construction has adopted VVMS and will help build a mobile school store, sponsor a student of the month club and work with students on an incentive program. Approximately 169 VVMS students made the honor roll during the school's first academic quarter.

VVMS SCHEDULE

*January 3: KEY-SEC meeting
*January 10: Vision screening for 7th and 8th grade students
*January 15: Martin Luther King, Jr. Day, holiday - no school
*January 28: 2nd quarter ends
*January 27: Middle School conference - no school
*January 30: Semester break - no school
*January 31: Chinese Lunar New Year - no school
*February 6-8: 8th Grade ski trip - Camp Sylvester in Pinecrest
*February 27: SSAT practice test for 7th and 8th grade students

Minute Maze



This Month in S.F. History

JANUARY

8: In 1880, Joshua Norton, an onetime successful City businessman, died. When ill-timed grain speculation left him penniless, Norton declared himself Emperor of the United States and Protector of Mexico. Issued his own currency - sympathetically accepted by local shopkeepers - and went on to become one of San Francisco's most colorful oddball characters.

9: In 1847, then known as Yerba Buena, the City's first newspaper was published by Samuel Brannen - a four-page weekly called the *California Star*. In 1849, the first S.F. bank, the Exchange and Deposit office, was established on Kearny St. In 1857, San Francisco was rocked by a 7:45 a.m. earthquake felt in San Diego.

16: In 1865, brothers Charles and Michael de Young published the first issue of their *Daily Dramatic Chronicle*, a free theatre paper which soon grew to become the *San Francisco Chronicle*.

22: In 1850, the *Alta California* - formed by merging the *Californian* and *Californie Star*, first two newspapers

published in the state - became California's first daily in switching from a tri-weekly schedule. In 1939, Aquatic Park adjacent to Fort Mason opened.

27: In 1894, the Midwinter Fair - a City event publicizing the Pacific Coast's mild off-season climate - opened in Golden Gate Park. In 1955, a severe landslide permanently closed a stretch of El Camino del Mar, a scenic drive near Lands End.

30: In 1847, the City's name officially changed from Yerba Buena to San Francisco.

Compost Training

Become a certified composting instructor by signing up for the Community Composter Training Program. You could learn how to teach and inspire residents to compost at home and receive a free compost bin at the end of the course. Classes are held on Wednesday nights, March through May of 1995, are conducted by the San Francisco League of Urban Gardeners (SLUG) and sponsored by the S.F. Recycling Program. Call the Hotline at 285-7585 for more information.

Mayors of San Francisco

JOSEPH ALIOTO

With no incumbent running for mayor in the 1967 election, and three major aspirants vying for office, the campaign was dealt a saddening blow with the sudden, untimely death of candidate Eugene McAteer. Quickly entering the race was political unknown Joseph L. Alioto, a McAteer supporter who sprited an energetic 55-day campaign he called "a kind of *New Deal* coalition of labor and minorities." After ballots were counted that November 7, Alioto had received 15,000 more votes than his nearest challenger to take office as San Francisco's 36th mayor on January 8, 1968.

An S.F. native born in North Beach on February 12, 1916, Alioto graduated from Sacred Heart High School in 1933, St. Mary's College in 1937 and the Catholic University of America Law School in Washington, D.C. before joining the Department of Justice anti-trust division.

Returning to the City after World War II, he opened his own law office to specialize in antimonopolistic cases.

In 1948 Alioto became a member of the S.F. Board of Education, and as a strong supporter of teachers' salary increases, its president in 1953; and later a member of the S.F. Redevelopment Agency.

Alioto became general manager and president of the Rice Grower's Association in 1959, responsible for its greatly expanded annual sales, while maintaining several successful private business ventures under the title Alioto Enterprises.

Having fought a vigorous campaign against challengers Harold Dobbs and Jim Morrison, Alioto took charge of his City and guided its progress through two successful terms through the late 1960s and early 1970s which saw increased local business and new construction, as well as completion of BART. He again defeated Dobbs in the mayoral election of 1971.

Having campaigned unsuccessfully for state governor in 1974, Alioto returned to his law practice following his second term. Daughter Angela Alioto has been a member of the S.F. Board of Supervisors since 1988.

Bump, the Grump By: Jackie Holder



GRAPEVINE CROSSWORD

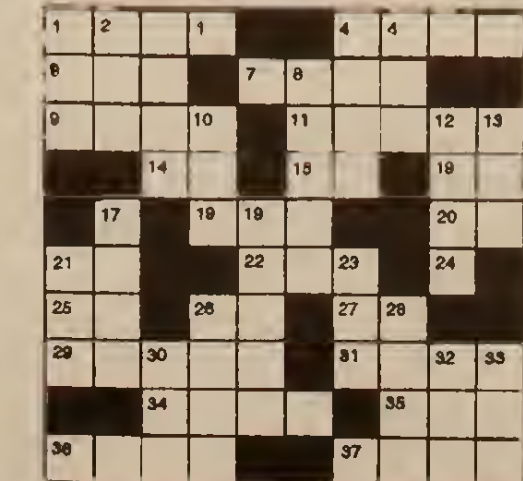
Solution on Page 5

ACROSS

1. Tome
4. Cap
6. Finish
7. Teal
9. Gas
11. Wireless
14. Ruthenium
15. Grade (ab)
16. Clockwise
18. Beverage
20. Open
21. Bemuth
22. Aleo
24. Nitrogen
25. America
26. Osmium
27. Thail
29. Degrade
31. Every
34. Big river
35. Litigate
36. Chair
37. Was

DOWN

1. Franklin
2. Single
3. Small
4. Beloved
5. Fort
8. Keyboard



10. Crackpot
12. Ploture
13. Poesess
17. Plate
19. Support
21. Jitney
23. Succumb
26. Delete
28. Calm
30. Santa
32. Nod
33. Chicken

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:00pm VVCC Bingo New Year's Day	2 11:30am VVCC Seniors Shopping Day	3 11:30am VVCC Senior Bingo	4	5 11:00am VVCC Senior Council Meeting 7:00pm ROSES meeting	6 12:00pm VVCC Seniors - Painting Classes 7:30pm Visitacion Valley Asian Residents' Assn.	7 10:00am Saturday Art Classes at VVCC (50 Raymond)
8 1:00pm VVCC Bingo	9 11:30am VVCC Seniors Shopping Day	10 11:30am VVCC Senior Bingo 4:00pm VVCC Board Meeting 4:30pm Scrabble Tournament 7:00pm El Dorado N.B.C. Meeting	11 6:00pm Executive Park Advisory Committee open to all	12	13 12:00pm VVCC Seniors - Painting Classes	14 10:00am Saturday Art Classes at VVCC (50 Raymond)
15 1:00pm VVCC Bingo	18 9:00am McLaren Park Cleanup 11:30am VVCC Seniors Shopping Day Martin Luther King, Jr.	17 11:30am VVCC Senior Bingo	18	19	20 12:00pm VVCC Seniors - Painting Classes	21 10:00am Saturday Art Classes at VVCC (50 Raymond) 10:00am Friends of McLaren Park
22 1:00pm VVCC Bingo	23 11:30am VVCC Seniors Shopping Day	24 11:30am VVCC Senior Bingo	25	28 9:00am USDA Surplus Food Distribution Day at VVCC	27 12:00pm VVCC Seniors - Painting Classes	28 10:00am Saturday Art Classes at VVCC (50 Raymond)
29 1:00pm VVCC Bingo	30 11:30am VVCC Seniors Shopping Day	31 11:30am VVCC Senior Bingo	<p>HAPPY NEW YEAR FROM THE VISITACION VALLEY GRAPEVINE! ALL SUBMISSIONS FOR FEBRUARY 1995, INCLUDING STORIES AND ADVERTISING, SHOULD BE RECEIVED BY JANUARY 20.</p>			

Early in 1994, a highly publicized report alleged that washing and peeling did little to reduce pesticide residues on fruits and vegetables. Although it lacked scientific validity, the report did raise the question of what scientists and government officials know about the effects of processing on residues and other chemicals in foods.

"Because significant numbers of people eat food raw or partially cooked, the government sets tolerances for pesticides and animal drugs in raw, fresh uncooked foods, said Lester Crawford, D.V.M., executive director of the American Association of Veterinary Medical Colleges. "But, in fact, simple steps such as washing, cooking and freezing dilute or degrade a high percentage of these potentially harmful residues."

Speaking at the Institute of Food Technologists annual meeting last June, Crawford and other experts described the effects of food preparation methods on pesticides and other contaminants in foods. According to Ed Elkins, chief scientist with the National Food Processors Association, most pesticides begin breaking down with exposure to sunlight, rain and other elements soon after they are applied and they are usually below tolerance levels before leaving the farm.

A tolerance is the legal limit established by the Environmental Protection Agency (EPA) of the amount of pesticide that may be present on food, in part based on evidence that it will not cause an unreasonable risk to human health or the environment. Monitoring programs by both the Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) indicate that pesticide residues on foods are typically well below tolerance levels. When fruits and vegetables are canned or frozen, Elkins noted, further reductions in most residues are achieved.

GRAPEVINE ADVERTISING

DISPLAY RATES PER ISSUE: Full Page: \$150; 1/2 Page: \$80; 1/4 Page: \$45; 1/8 Page: \$25; 1/12 Page: \$15.
PRIVATE PARTY WANT-ADS: 20 words for \$1. Additional lines 50 cents each.
Mail ad and payment by 20th of prior month to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

CONTAMINANTS

Cooking also has been found to decrease certain environmental contaminants found in foods at low levels such as polychlorinated biphenyls (PCBs), polybrominated biphenyls (PBBs), and dioxin and its byproducts.

PCBs were used in electrical transformers and PBBs were used as flame retardants in clothing, until banned by the EPA in the 1970s. Dioxin and its byproducts are formed from incineration, paper and pulp bleaching and manufacturing, as well as natural combustion due to forest fires or volcanoes.

These compounds concentrate in the fatty tissues of beef and dairy cattle, poultry, pork or seafood via exposure in the air, water, soil or feed.

However, according to Mary Zabik, professor of food science at Michigan State University, their levels are reduced significantly through skinning, trimming and cooking, and other food processing methods such as deodorization, a step used in manufacturing cooking oils.

MYCOTOXINS

Yet other compounds produced in nature such as aflatoxins or fumonisins are not substantially reduced through processing. Aflatoxins and fumonisins are produced by fungi that colonize in cereal grains in the field or in storage under wet conditions. Here the first line of defense is prevention, said Glenn Bennett of the Mycotoxin Research Unit at USDA's National Center for Agricultural Utilization Research in Peoria.

Future toxicological and nutrition research should focus on finding safer ways of storing, preparing and consuming food, advised Robert Scheuplein, toxicologist and former director of FDA's Office of Special Research Skills.

International Food Information Council

"DOSE MAKES THE POISON"

Environmental Working Group's (EWG) recent report, *Washed, Peeled - Contaminated: Pesticide Residues in Ready to Eat Fruits and Vegetables*, concludes that infants and children are exposed daily to combinations of pesticides in their food that present serious long-term risks. This conclusion is based on finding that washing, peeling and other food preparation methods did not eliminate the number of pesticide residues in fresh fruits and vegetables.

"This report is a misleading example of advocacy that has serious scientific flaws and would be unlikely to withstand the scrutiny of approximate scientific peer review," said Carl Winter, toxicologist and director of the FoodSafe Program of the University of California at Davis.

"The report's conclusions ignore the simplest of toxicologic principles that the dose makes the poison." The EWG report fails to consider or specify the amounts or levels of pesticide residues actually found on the produce. It also conveys the erroneous impression that because any residues are detected, they were not reduced through washing, peeling or other food preparation steps.

"It's unfortunate the report received such widespread uncritical media attention which may have unnecessarily increased consumer anxiety and perpetuated misinformation," said Winter.

NATIONAL PARK SERVICE EVENTS

Call for reservations and information.
FORT FUNSTON

*Dig In! Restore the habitat of the bank swallow, 9:30 a.m., January 4 (239-2366).

*Native Tongue - Stories About Placita Projects suited for children ages 4 to 10, 10 a.m. January 14 (239-2366).

*Nature Art Parent participation program for children ages 4 to 6, 1 p.m. January 15 (556-8842).

FORT POINT

*Candlelight Tour, 6:30 p.m. January 7, 21 (556-1874).

FORT MASON CENTER

*Free Museum Day: 12 noon to 6 p.m. January 7 (441-3400).

*Walking Tour: 11 a.m. January 14, 28 (441-5706).

OCEAN BEACH

*Adopt-a-Beach: Help clean Ocean Beach, 10:30 a.m. January 21 (239-2366).

PRESIDIO

*Architecture and Cultural Landscape: 1 p.m. January 14 (556-0865).

*Battery Chamberlin Tour: 10 a.m. to 2 p.m. January 7, 8 (556-0865).

*Invasion Discussion: Walk the Coastal Trail and learn how the Golden Gate was guarded, 10 a.m. January 7 (556-0865).

*Main Post Historical Walk: 10 a.m. January 8, 15, 29 (556-0865).

*Mountain Lake to Fort Point Hike: 10 a.m. January 14 (556-0865).

*On Shaky Ground: 1906 Earthquake at the Presidio Museum, 11 a.m. January 29 (556-0865).

*Palatium and Prejudice: Japanese-American intelligence officers were crucial in World War II, even as their families were interned in wartime camps. See where both actions began, 1 p.m. January 14 (556-0865).

*Pedaling the Presidio Cycle through time by bicycle, 10 a.m. January 22, 28 (556-0865).

*Streets of the Presidio: How Presidio streets were named, 10 a.m. January 28 (556-0865).

*A Walk on the Wild Side: Learn about plants, animals and geology, 10 a.m. January 21 (556-0865).

SUTRO BATHS

*Tour the Ruins: 11 a.m. January 8 (556-8842).

FIVE YEARS AGO IN THE GRAPEVINE

JANUARY 1990

*Visitacion Valley Community Center held a Christmas celebration - featuring a talented violin solo by Silvia Chan Vargas - December 11 for all its members.

*VVCC said goodbye to dedicated eight-year veterans Cheryl Palmer-Babbs and Ramona McCowan, while welcoming Brenda Lopez, Brenda Strickland, Tammy Thrower and Flor Trujillo.

*Schlage Lock donated a large Christmas tree to the Sunnyside Tenants Association.

*Tuntex Properties of Taipei, Taiwan purchased San Francisco Executive Park, almost 900 wet and dry acres of Southern Pacific land and property on Sierra Point.

*Section 8 contracts at Geneva Towers expiring in 1990 were renewed by Congress for five more years.

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Cantonese Spoken

SAN FRANCISCO PLANNING COMMISSION ADVISORY COMMITTEE ON HAZARDOUS WASTE FACILITY EXPANSION ON TUNNEL AVENUE

Regular Meeting, January 3, 1995, 7 p.m.
Lipman Intermediate School
1 Solano Ave., Brisbane

Review of forthcoming draft of EIR report
Necessary zoning actions
Accident analysis

Further information: 558-6319, or
Don Bertone, Chair: 467-9669

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Winter Festivities at VVES



Mrs. Skinner's first-graders performed during the Winter Festival assemblies December 15 at Visitacion Valley Elementary School. Every class shared and "put a little love in your heart" during the spirited school festivities.

Warning Signs of Stroke and Heart Attack

Every year, at least 250,000 people die of heart attack before they reach a hospital. But the tragedy is that many of them might have been saved.

According to the American Heart Association (AHA), 50 percent of heart attack victims wait more than two hours before trying to get to an emergency room. About 45 percent of all heart attacks occur in people under age 65, while five percent occur in people under age 40.

Smokers have more than twice the risk of heart attack as non-smokers, and smokers have a greater risk of stroke, too, according to the AHA. Chronic exposure to environmental tobacco smoke (passive smoking) also contributes to the risk of heart disease in non-smokers.

Know the warning signs of a heart attack:

- *Uncomfortable pressure, fullness, squeezing or pain in the center of your chest lasting more than a few minutes;
- *Pain may spread to the shoulders, neck or arms; and
- *Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

If you have these symptoms, don't wait! Immediately call the emergency

medical service or have someone drive you to the nearest hospital.

Don't flirt with a heart attack. To reduce risk, AHA suggests: stop smoking; control high blood pressure; eat a low saturated-fat, low-cholesterol diet; be physically active; and maintain proper weight.

AHA estimates that stroke accounts for half of all patients hospitalized for acute neurological disease. About 600,000 Americans have a stroke in a given year, 144,000 resulting in death.

More than one fourth of the people who suffer a stroke in a given year are under age 65.

Warning signs of stroke are:

- *Sudden weakness or numbness of the face, arm or leg on one side of the body;
- *Sudden dimness or loss of vision, particularly in one eye;
- *Loss of speech or trouble talking or understanding speech;
- *Sudden, severe headaches with no apparent cause; and
- *Unexplained dizziness, unsteadiness or sudden falls, especially along with any with any of the previous symptoms.

To reduce risk of heart disease follow these AHA dietary guidelines: keep fat less than 30 percent of calories, saturated fat to less than 10 percent of calories, cholesterol to less than 300 mg per day, and sodium to less than 3,000 mg per day.

Turning Up the Heat on E. coli

In December 1992, an outbreak of food-related illnesses began for more than 500 people after eating *E. coli* 0157:H7-contaminated hamburger from a fast-food restaurant in Washington. Just three months later, customers at another Northwest restaurant became ill after eating foods which contained mayonnaise cross-contaminated with *E. coli*. And last June, some 40 New Jersey residents fell victim to the same emerging pathogen from eating undercooked food.

These serious incidents, as well as many smaller outbreaks in homes, day care centers, schools and nursing homes, have heightened national attention to foodborne illnesses.

Last July, the American Gastroenterological Association Foundation (AGAF), an education and research organization devoted to digestive health, joined with other public and private groups to examine the emerging crisis of *E. coli*.

"*E. coli* 0157:H7 infections pose a clear and present danger to our public health," said panel chairman Martin Brotman, M.D., head of the Department of Medicine at California Pacific Medical Center. "Bringing government, industry, the medical community and consumers to the table to hammer out a consensus strategy on this problem is a critical first step toward a safe food supply."

BACTERIUM BASICS

Although there are many strains of *E. coli* commonly found in the environment and some with beneficial uses, the strain 0157:H7 is extremely virulent.

E. coli 0157:H7 is found in the intestinal tract and feces of both animals and man, and can be transmitted by numerous routes: from animal to animal, animal to person, animal to person on food, and person to person through close contact. Although it can survive both refrigeration and freezing, the pathogen is destroyed by thorough cooking.

According to the Centers for Disease Control and Prevention, as many as 20,000 cases of 0157:H7 infection may occur annually.

Symptoms of *E. coli* food poisoning include severe abdominal cramps, followed by watery diarrhea that often becomes bloody. Individuals may also experience vomiting and nausea, accompanied by low-grade fever. In children, the elderly and immune-compromised individuals, the infection can also lead to kidney failure and possible death.

Undercooked ground beef represents one of the greatest risks of *E. coli* due to its handling and preparation. But outbreaks also have been traced to undercooked roast beef, raw milk, improperly processed cider, contaminated water and mayonnaise and vegetables grown in cow manure.

TAKING CHARGE

Among the major recommendations of the AGAF panel was to upgrade the present meat inspection system to a prevention-focused program known as Hazard Analysis Critical Control Point (HACCP).

HACCP approach would focus on preventing public health hazards in the production, slaughter, processing, storage, distribution and final preparation stages of meat products.

USDA is expected to announce plans for an HACCP-based meat inspection system in the near future. In late July 1994, the Food and Drug Administration (FDA) issued an advance notice of proposed rule-making to require HACCP for all food production under its jurisdiction.

Although the panel emphasized that a better inspection system would help reduce the possibility of infection, it also acknowledged there are no guarantees for completely eliminating the bacterium. Thus, the panel endorsed irradiation of ground beef as another pathogen control strategy. A petition

has since been filed with the FDA to approve the use of irradiation on beef.

The panel's endorsement of irradiation joins that of the American Medical Association's Council on Scientific Affairs, the World Health Organization, the Food and Agriculture Organization of the United Nations and the International Atomic Energy Agency, who have reviewed the scientific evidence on irradiation and have determined it safe.

CONSUMER EDUCATION

Gaining consumer acceptance of irradiation must begin with education and dispelling myths, noted panel member Christine Bruhn, consumer food marketing specialist at the University of California at Davis.

"When the public receives science-based information ... at least half or more will respond positively," said Bruhn.

Still, irradiation is not a magic bullet, and extensive education and training programs from farmer to consumer must be implemented.

Targeted audiences would include farmers and growers, employees at slaughter and food-processing facilities, day care and nursing home providers, food regulatory officials, teachers and physicians.

"Observations in the U.S. and other countries have demonstrated that the incidence of foodborne illness can dramatically decline as a result of active public education and effective media coverage," said Brotman.

International Food Information Council

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